Nutrition Pre-Quiz

Name_____________________

1) Which food group is at the bottom of the pyramid?

A. Bread, Cereal, Rice & Pasta Group
B. Vegetable Group
C. Fruit Group
D. Milk, Yogurt & Cheese Group

2) If I eat a cheeseburger, bread, corn, and cookie what food group am I missing?

A. Vegetable
B. Fruit
C. Milk, Yogurt & Cheese
D. Fat, Oils and sweets

3) (True/False) Eating a balanced diet can help your body grow?

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4) List two healthy snacks

a. ____________________________
b. ____________________________